

# CAMEROON

## RESPONSIBLE TOURISM IN CAMEROON: THE DJA RESERVE AND BAMENDA HIGHLANDS

(11 DAYS)

The aim of this travel experience is to get to know the reality of Cameroon through the different communities who dwell in its jungle, mountains and grasslands. We will go deep into the Dja faunal reserve to meet the Baka Pygmies and stay at their camp, learning about the secrets of the jungle. From the equatorial jungle we will move to the western Highlands where we will have the opportunity to experience the Kom and Fulani cultures through home-stays and sharing daily tasks. From the Bamenda Highlands we will head South stopping at Melong and visiting the spectacular Ekom Nkam falls, where the movie "Tarzan, Greystroke" was filmed. Before flying back home Limbe beach will give an opportunity for relaxing and enjoying fresh grilled fish.

A compact, but very interesting itinerary, that will make you wonder if it was a dream or reality once back home

Fitness level required: basic to intermediate



### DAY 1:

Arrival in Yaoundé in the evening

### DAY 2:

Yaoundé – Somalomo – Baka village (1,5hrs jungle walk, pirogue on the Dja River, meet the inhabitants of the forest: the Baka pygmies are Africa's last hunter - gatherers)

### DAY 3:

Baka village – Somalomo (several hours of jungle walk with our hosts to learn about the secrets of the jungle, pirogue on the Dja River)

### DAY 4:

Somalomo – Ayos -Yaoundé (return to "civilization" – stop at German colonial town, local market and experience nightlife in the capital)

### DAY 5:

Yaoundé – Night Train (explore the capital; Museum of African art, Muslim quarter of La Briquetterie)

### DAY 5:

Yaoundé – Bamenda Highlands - Belo (beautiful mountain landscape and craft center)

Recommended Period: from September to July

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### DAY 6:

Belo – Fundong (Belo walk, visit a traditional village head, blind school, MIFACIG center and/or basket weaving, local dances)

### DAY 7:

Fundong - Fulani Farm (trek through the highlands to reach our home-stays, optional horse-riding or cow milking)

### DAY 8:

Fulani Farm – Bafut – Ekom Nkam – Melong (Bafut Palace and waterfalls)

### DAY 9:

Melong – Limbe (beach, relax and sunset from viewpoint)

### DAY 10:

Limbe - Douala (beach and optional visit to Limbe Wildlife Centre, botanical garden and fish area). In the evening: final departure

### DAY 11:

Arrival to European airport in the evening (if travelling with Royal Air Maroc one can visit Casablanca City Centre).